

# **Study Smarter, Not Harder: Changing Your Learning Habits for Better Results**

T56 - B - U4



# Three Key Learning Strategies

## **Pre-Class**

Quickly browse the materials and write down a few guiding questions before class

## **In Class**

Use Cornell Notes to record key points and organize information

## **After Class**

Apply the Feynman Technique by explaining ideas in simple words

# Pre-class Strategy: Skim & Question

**Before the class, we can.....**

**1.Skim** - Quickly get the main idea.

**2.Question** - Find out what you don't know so you can focus.

Previewing the lesson before class helps you get ready.

This **prepares your mind** and **makes it much easier** to understand the lecture.

# How to do?

## **skim:**

- . Scan Headings, Bold keywords, and
- . Read only **First Sentence** and **Last Sentence** of each paragraph and skip the middle details.

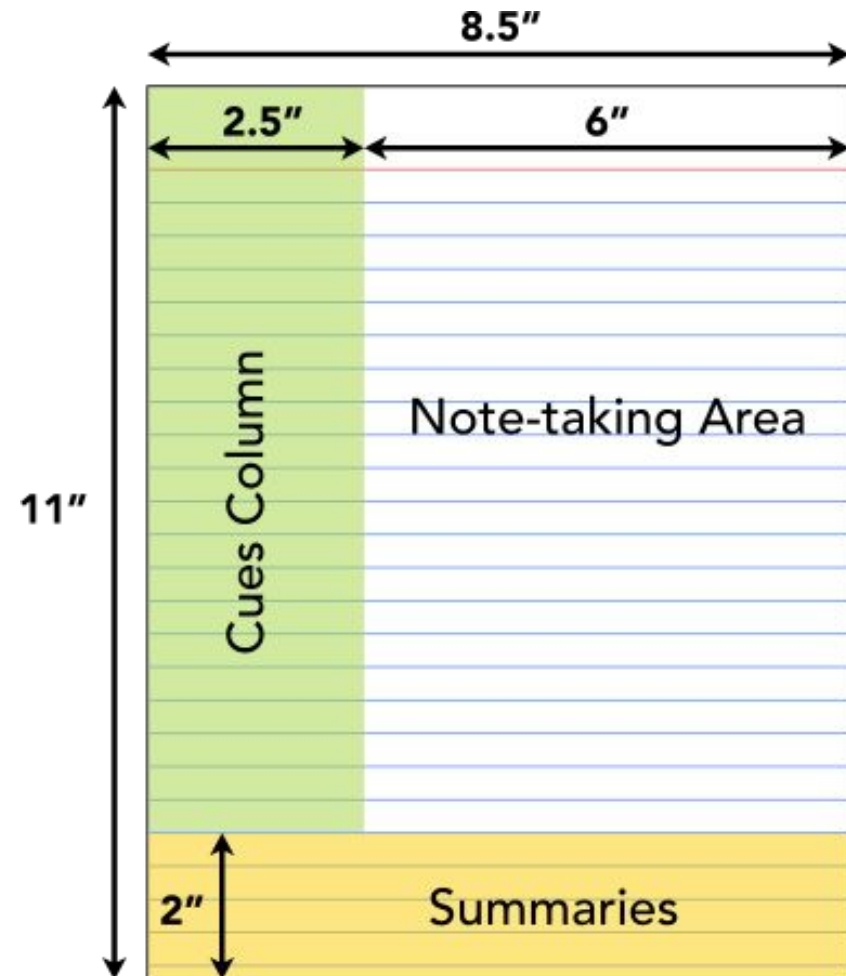
## **question:**

- . Turn headings into questions using Who, Why, or How.
- . Don't just ask; try to guess the answer.

# Study in the class :The Cornell Note-Taking

The Cornell note-taking method is a system for taking and organizing notes during the lecture.

To improve active recall rather than passive copying.



# How to use Cornell note taking

## The Notes

Write down what you hear in the notes column. Use bullet point and don't copy word-for-word.

## The Cues

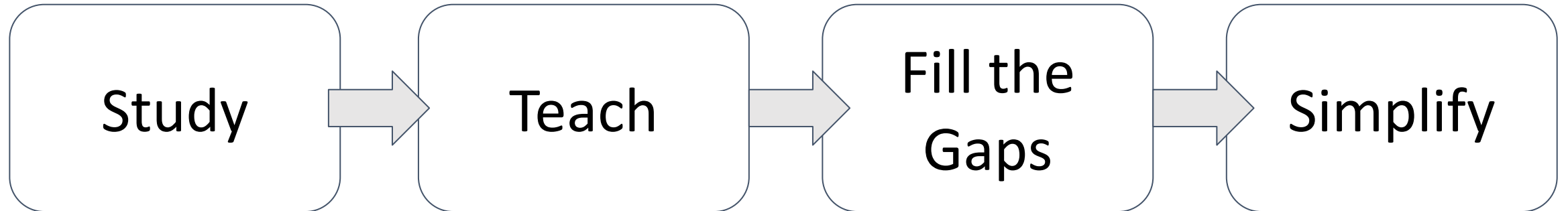
As you're taking notes, keep cue column empty. Reduce your notes to concise jottings as clues for Reciting, Reviewing, and Reflecting.

## The summary

Write a brief sentence(2-3 sentences) of the entire page to strengthen your understanding.

# After Class: The Feynman Technique

Richard Feynman was a world renowned and widely successful theoretical physicist. The Feynman Technique is derived from Feynman's learning strategies, typically simplified into four steps.



# How to apply the four steps?

## **1.Study(Learn the Concept)**

Read and learn the information from your materials.

## **2.Teach (Explain Simply)**

Explain the concept in simple language to someone with no prior background in the subject.

# How to apply the four steps?

## **3.Fill the Gaps (Review and Refine)**

If you get stuck or the explanation is too hard, go back to the materials and learn it again.

## **4.Simplify (Analogy and Clarity)**

Make the language plain and easy. Use simple examples or analogies to help people understand.

# Learn smarter and get better grades

By combining skim and Questioning, Cornell Note-taking, and Feynman Techniques, we can:

- 1. Build an efficient, confident way of learning**
- 2. Make learning more purposeful and organized rather than blind efforts**
- 3. improve academic performance and problem-solving skills**

# Q&A Session

- Q1:When skimming a paragraph, which two sentences should you read?
- A1:The First sentence and the Last sentence.
- Q2:In the "Simplify" step of the Feynman Technique, what can be used to help with understanding?
- A2:Simple examples or analogies
- Q3:In the Cornell system, where should you write the Summary: at the top or at the bottom of the page?
- A3:At the bottom

# Works Cited

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